

Volume 6, Issue 2 "**Happy and Healthy Children and Families Living in Caring Communities**"

Winter 2010

A graphic illustration of an open book. The pages are white with blue horizontal lines for writing. There are four small, colorful rectangular tabs (yellow, green, red, blue) protruding from the left side of the pages. The book is set against a light gray background.

Aloha 2009 and Welcome 2010!

The Book of 2010 is now opened.
It is up to each of us to determine what we will write on these pages.

*"For last year's words belong to last year's language and next
year's words await another voice."* T. S. Eliot

MST?? WHAT IS MST?

It stands for **Multisystemic Therapy** an evidence-based treatment for youth with serious behavioral problems....and we in Hawaii are celebrating ten years of MST in Hawaii. The next edition (Spring 2010) of the CAMHD newsletter will highlight the MST programs in Hawaii.

Nationally an impressive list of federal entities have identified MST as either demonstrating or showing promise in the treatment of youth criminal behavior, substance abuse, and emotional disturbance. The list includes the Surgeon General (U.S. DHHS, 1999; U.S. Public Health Service, 2001), National Institute on Drug Abuse (1999), National Institutes of Health (2004), Center for Substance Abuse Prevention (2001), Institute of Medicine (2001), and President's New Freedom Commission on Mental Health (2003). Consumer organizations (e.g., National Alliance for the Mentally Ill, 2003; National Mental Health Association, 2004) and leading reviewers (e.g., Burns, Hoagwood, & Mrazek, 1999; Elliott, 1998; Farrington & Welsh, 1999; Kazdin & Weisz, 1998; Stanton & Shadish, 1997) should also be included in this list. These conclusions are based on the validated findings from 15 published outcome studies (14 randomized, one quasi-experimental) with youths presenting serious clinical problems and their families.

Our own EBS Task Force has identified MST as among those treatments with "Best Support" for treating anti-social behavior in youth. CAMHD will be participating with Parents and Children Together as the "Network Partner in the Spotlight" on the upcoming MST Services' Quarterly Network Partner Update call on January 13th where programs nationally and from around the world (Denmark, New Zealand, Norway, Sweden) will be calling in to hear about our Hawaii network Partnership as well as other research and "real-world" implementation updates about MST.

DON'T MISS THE SPRING EDITION OF THE CAMHD NEWSLETTER!

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Staff In The News

Mau Family Guidance Center (MFGC) was honored to spend the day of October 20th with H. Charles Fishman, M.D., author of “Intensive Structural Therapy: Treating Families in Their Social Conflicts” in 1993 and “Family Therapy Techniques” with Salvador Minuchin in 1981.

Dr. Fishman spent a morning with MFGC’s clinical staff explaining Intensive Structural Therapy and relating it to how HSPs manage current youth cases. Later in the afternoon, Dr. Fishman consulted with individual HSPs and some youth and families to assist in coordination of services, identify and manage the homeostatic maintainer, reduce triangulation, and move forward in resolution of a family’s conflicts. Dr. Fishman (left) is seen here with Dr. Mike Rimm MFGC Clinical Director. For more information on Dr. Fishman and Intensive Structural Therapy visit this website at <http://intensivestructuraltherapy.com/about-ist/charles-fishman/>.



Mike Russell & Gabi Mergel-Stack—10 Plus YEARS!!!!!!

The Maui Family Guidance Center (MFGC) recognizes two staff for their length of service with the State of Hawaii – Mike Russell with 20 years of service and Gabi Mergel-Stack for 10 years of service.

MIKE RUSSELL has been with MFGC since 12/21/92 and with the State of Hawaii since 1988 when he began work at Maui Department of Human Services (DHS) – Family and Adult Services Division (FASD). Mike is originally from Oceanside, New York. He received his B.S. in Psychology from Northeastern University, Boston, MA, in 6/74 and a M.S. in Counseling from California State at Los Angeles in 8/83.

Before moving to Hawaii Mike’s worked in California at the Crossroads Hospital, Van Nuys, CA as a Program Specialist and in the Los Angles County Dept. of Children’s Services as a Children’s Services Worker. He has since 1992 worked for the State of Hawaii, first with the Maui Department of Human Services as a Social Worker and now with the Child and Adolescent Mental Health Division’s MFGC, first as a Social Worker and currently a Mental Health Supervisor.

GABI MERGEL-STACK was born and raised in Germany. She has a graduate degree in Social Work (M.S.W. equivalent) with specialization in Child and Family Service from Fachhochschule, Esslingen, Germany in 1989. In 1993 through 1997 she worked for the Department of Education in Hana, Maui first as a part-time teacher aide then a full fledged elementary school teacher and finally as a special education teacher. In 1999 until the present time she has served as a Care Coordinator in the MFGC.

Mahalo Nui! to both Mike and Gabi for their past and continuing provision of State services to children and youth in Maui.



Make a Friend Be a Friend ☺

Make a Friend, Be a Friend is the message of the Children's Mental Health Matters Campaign Committee. The message highlights the importance of social connections in the lives of youth with social and emotional challenges. It also provides direction about how each of us can make a difference in a youth's life.

Each year, thousands of Hawaii's children are affected by emotional or behavioral challenges. These challenges can affect their relationships with family members and friends, their ability to succeed in school and their social life.

Parents and other family members can also be affected by the youth's challenges. Many do not know that help is available and there is no need to face challenges alone.

Today's current practice provides appropriate, evidence-based services that help youth:

- manage life issues,
- get along better with family and friends,
- succeed in school,
- achieve personal goals,
- cope with stress, and
- participate in their community.

Research has identified assets of self-confident, resilient youth, including:

"I am good at making and keeping friends."

"I receive a lot of love and support from my family members."

"I feel valued by adults in the community."

Meanwhile, the lack of friends can lead to tragic consequences. The National Suicide Prevention Resource Center identified lack of social support and a sense of isolation as risk factors for suicide.

Each of us can make a difference. Being a friend is as easy as smiling, listening, or making someone feel valued and included.



CAMHD PROVIDER HAPPENINGS

Pu'ukamalu, Acadia Healthcare Hawaii, is contracted by CAMHD to provide statewide community-based residential services to eligible youth in need of the services. The Pu'ukamalu program believes that all youth deserve the opportunity to develop to their full potential. It provides the boys with opportunities to put their talents and skills to work in the local community. Such an opportunity is building dog houses.



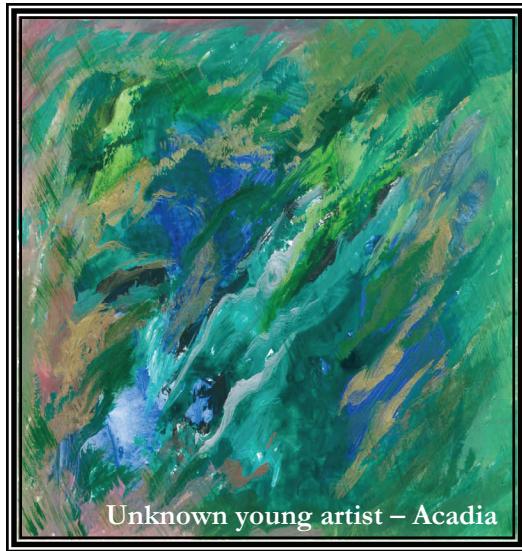
For the second year in a row, several of the residents have built a dog house for the Rainbow Animal Sanctuary in Kurtistown on the Big Island. The Sanctuary provides home for dogs and cats who are homeless and need food and care. This year the young men will be completing 19 more houses for the Sanctuary. They are proud of their craftsmanship and are also finding pride in their community service.

Aloha!!

To Joe Tinervin, outgoing CEO of Acadia Healthcare Hawaii who will be leaving Hawaii in early January to manage a new facility recently acquired by Acadia Healthcare in Knoxville, Tennessee. His tenure here in Hawaii brought about positive changes that have seen successes with the youth and families the program served. He will be greatly missed by staff, friends in Hilo and CAMHD staff statewide.



Aloha
Aloha !!



Unknown young artist – Acadia

A warm aloha to Melinda Drake, the new CEO at Pu'ukamalu, Acadia Healthcare Hawaii. Originally from the Philippines, Melinda comes to Hawaii with an extensive clinical background with more than 16 years in the behavioral health field. CAMHD staff looks forward to working with Melinda and getting to know her.

A sincere artist is not one who makes a faithful attempt to put on to canvas what is in front of him, but one who tries to create something which is, in itself, a living thing.

William Dobell



2009 Consumer Survey

The Voice of the Hawaii Consumers:

The mission of the Child and Adolescent Mental Health Division (CAMHD) is to provide timely and effective mental health prevention, assessment and treatment services to children and youth with emotional and behavioral challenges, and their families, while striving to ensure "Happy and Healthy Children and Families Living in Caring Communities." — *CAMHD Vision Statement*.

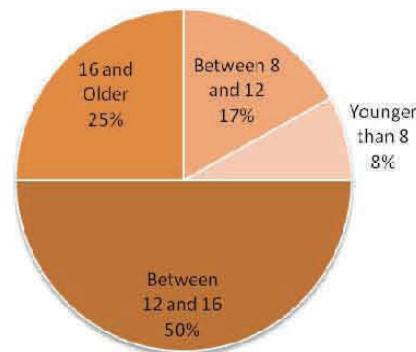


Survey Methods:

The Youth Services Survey for Families (YSS-F) was distributed to all of the youths registered in the CAMHD system as of fiscal year 2008. The YSS-F is made up of 26 items that measures the caregiver's perception of satisfaction regarding program services and their child's outcomes and behavior. Surveys were mailed to parents and guardians in three waves along with two postcard reminders. For full details the technical report is available on the CAMHD website <http://hawaii.gov/health/mental-health/camhd/library/pdf/rpteval/cs/index.html>.

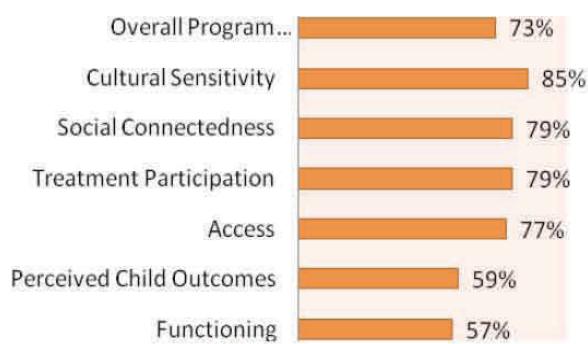
Respondent Characteristics:

Of the 467 youths represented, 33% were female (67% were male); 50% were between the ages of 12 and 16; 27% had a primary disruptive behavior disorder, followed by an attentional (19%) and mood disorder (17%).



Consumer Satisfaction Levels:

The following graph depicts the satisfaction levels for each of the seven YSS-F domains; 75% of caregivers were satisfied with overall program services.



Continued on page 6

“Happy and Healthy Children and Families Living in Caring Communities.”

– CAMHD Vision Statement

Additional Thoughts

Consumers were also given open ended questions including asking what was the most helpful aspect of services they received. The following table describes the most helpful aspects of services.

“Most Helpful” Aspects	Percent
Therapy/Counseling	25.2
Supportive Staff/Communication	22.2
Consistent Services	10.8
Improved Behavior	6.7
Availability of Staff	4.2
Teamwork & Everybody Working Together	3.9
In-home Treatment	3.7
Medical Help	3.3

What does this mean?

CAMHD strives to (1) improve the emotional well-being of children and adolescents, and (2) provide early access to a child and adolescent-centered, family-focused community-based coordinated system of care that tend to the child’s physical, social, emotional, and other developmental needs within the least restrictive environment.

- Survey results showed that about 3 out of 4 consumers were satisfied with their overall program services.
- 8.5 out of 10 consumers rated their services as being culturally sensitive.
- Results pointed to features of service delivery (e.g., outcomes) as having room for improvement.
- Results from the YSS-F are one factor considered in the overall evaluation of CAMHD services.

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Upcoming Events



CAMHD ANNUAL FACTBOOK (2009) PRESENTATION

Each year CAMHD provides an annual evaluation including the Annual Factbook. The Factbook reports detailed reference information regarding the CAMHD population, services rendered, expenditures, and outcomes. It provides a snapshot of the CAMHD system as it functions through the year. On January 20, 2010 CAMHD will do a presentation on the evaluation covering the fiscal year 2009 period.

Interested parties are invited to the Child and Adolescent Mental Health Division's Annual Factbook (2009) Presentation!

Presented by: CAMHD Research and Evaluation Office

When: January 20, 2010

Time: 1:00 – 3:30 p.m.

Where: Diamond Head Health Center, Room 418

Please RSVP to Marie Vorsino at wanda.vorsino@doh.hawaii.gov
by January 12, 2010

5th Annual Mental Health Mahalo Awards

Please send in your nomination for the person or organization that has significantly contributed to improving mental health in Hawai'i.

Mental Health America of Hawai'i is holding its Fifth Annual Mental Health Mahalo Awards Luncheon on Tuesday, May 4, 2010, at the Ala Moana Hotel, 410 Atkinson Dr., Honolulu, 11:30am to 1:30pm. The event will celebrate our community leaders and agencies that have dedicated themselves to enhancing the care and treatment of people with mental health problems through positive and innovative programs and leadership, and have reduced the stigma of mental illness.

It is important to recognize the long years of commitment so many have given to improving the mental health of our entire community. Please send in your nomination today for awards that will be made in the following categories:

- * **Outstanding Community Mental Health Leader**
- * **Outstanding Government Mental Health Leader**
- * **Outstanding Business**
- * **Outstanding Adult Mental Health Consumer Advocate**
- * **Outstanding Youth Mental Health Consumer Advocate**

Nominations for these awards are being accepted via email only. Email Marya Grambs: marya@mentalhealth-hi.org for the nomination form. **The deadline for nominations is January 15, 2010.** You may nominate more than one candidate. For more information contact the MHA office at (808) 521-1846.



Interested in joining the Evidence-Based Services (EBS) Committee?

Email Dr. Lesley Slavin at
Lesley.Slavin@doh.hawaii.gov

Share Your News

Please share your stories of success, special events, trainings, and any other noteworthy activities that others may want to hear about. Call Ku'ulei Wilton, Provider Relations Liaison at 733-9857 or email her at Harriet.Wilton@doh.hawaii.gov



What sunshine is to flowers, smiles are to humanity. These are but trifles, to be sure; but, scattered along life's pathway, the good they do is inconceivable.

Joseph Addison

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Kenneth Ishikawa, MSW

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Medical Director

The CAMHD Newsletter is published quarterly by the Child and Adolescent Mental Health Division. It is available for free by email or on the CAMHD website at www.hawaii.gov/health/mental-health/camhd/index.html

CAMHD reserves the right to edit all materials printed in this publication. Send requests for items to be published in this newsletter to

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